

Cheesy Corn Muffins



Ingredients

- Spray oil
- 4 spring onions, chopped
- 100g ham, diced
- 2 cups frozen corn kernels
- 2 cups grated cheese
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 2 egg
- 2/3 cup milk
- 4 tablespoons canola oil

Makes 12



1 PREHEAT

Preheat oven to 180°C and spray a muffin tray with oil. Finely slice spring onion, and dice ham into small pieces.



2 MIX

Mix the corn, diced ham, spring onions, cheese and flours together in a large mixing bowl.



3 WHISK

In a separate bowl, whisk together eggs, oil, and milk.



4 ADD

Make a well in the centre of the dry ingredients. Add the egg mixture and mix ingredients until just combined.



5 MIX

Spoon mixture into muffin tray and sprinkle with extra cheese.



6 BAKE

Bake for 25 minutes, or until fully cooked through.